

# Special Application for Spinal Damage

(Not available in any of the TKM® books!)

We call this process the ABO (above, below and on) Sequence.

**Preparation:** We suggest a quiet setting to sit, preferably lie, in a relaxed and comfortable position. Most choose a quiet bedroom or couch with television and other interference turned off. You may prop pillows under your arms to hold arms comfortably. The goal is to be completely relaxed.

**Length of time:** Hold each step (location) a minimum of four to five minutes or up to twenty minutes if needed.

**Application:** Use the pads of the fingers (where your finger print is located) of at least your index, middle, and ring fingers to apply contact with each location vertically. The entire right hand is used for one position only during this process. Always hold two locations at a time when applying a sequence. NOTE: Pressure or rubbing is not necessary to achieve results. In fact, it may inhibit the process. Contact is all that is needed to stimulate bioelectrical circulation.

**For best results:** Remove all metal and metallic items from your body and clothing (watch, jewelry, rings, coins, etc.). Remove beepers and cell phones several feet away from you in order to prevent interference with your circulation. Note that under wire brassieres and metallic-reinforced braces also interfere. Wearing 100% natural fiber clothing is best (this is very beneficial all the time, not just during the sequence). We strongly advise against synthetics and natural blends (i.e. 50% cotton and 50% wool blended fabric).

**When to apply:** For chronic and severe condition, we suggest first thing in the morning before rising from bed and the last of the day when lying in bed. But this sequence is not limited to any specific time of the day. It is best if re-applied every 8 hours. The entire sequence usually takes 30 to 40 minutes for proper results.

## Sequence Procedure

**This procedure can be shortened by applying helichrysum (young living only) to the entire area. Then holding each vertebrae for 30 sec. If you do not have the oil then you MUST hold each area for 5-20 minutes.**

If applied to another person, sit on the subject's left side while he or she lies flat on his or her back.

### Sequence Procedure

Step 1 Place the right hand under the base of the skull (gently cradling occipital area). Fingers will rest on the right side (right Energy Sphere #4) and base of your hand will rest on the

## Sequence Procedure

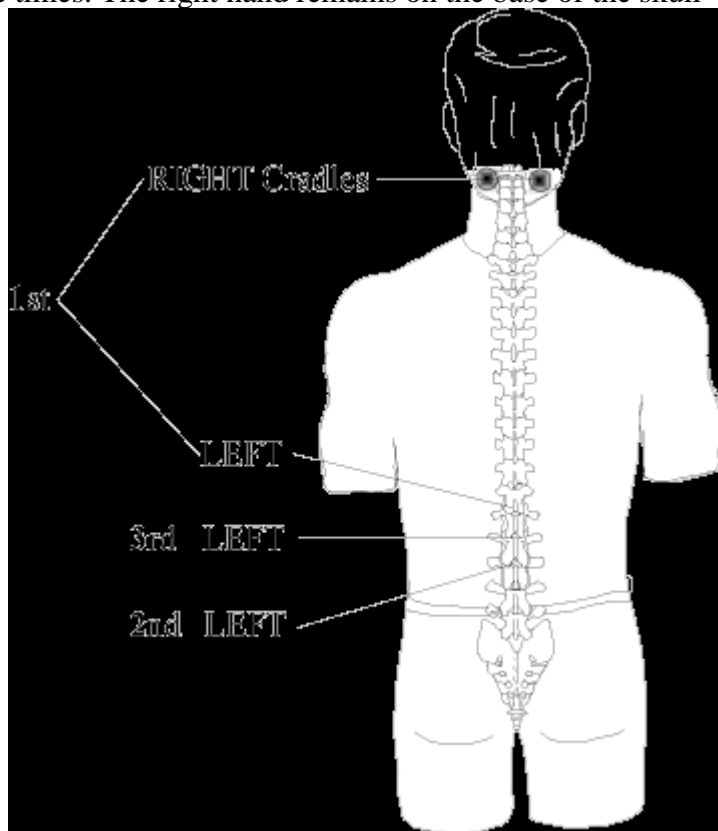
left side (left Energy Sphere #4). And place left hand's finger pads one vertebra above the injured area (above). For example, if the lumbar vertebra #2 is injured (as in the diagram) the right hand should cradle the base of the skull and the left hand's fingers should touch the lumbar vertebra #1. Hold for at least four to five minutes and no more than 20 minutes.

Step 2 Place left hand's finger pads just below the injured area (below). In the same example from Step 1, you would now place your left hand's fingers on the lumbar vertebra #3.

Step 3 Place left hand's finger pads on the injured area (on). In the same example from Steps 1 and 2, you would now place your left hand's fingers directly on the injured vertebra, lumbar vertebra #2.

REPEAT Steps 1 through 3 three times. The right hand remains on the base of the skull

Step 4



at all times during this sequence.

## Benefits

The special application for spinal damage helps repair the sympathetic and parasympathetic nervous system in the area, spinal nerve damage in the area (i.e. bruised, pinched, scraped, crushed, partially missing or completely severed), disc problems at that location (i.e. bulging disc, herniated, totally ruptured), vertebra problems (i.e. misaligned, calcified, fractured, broken, deteriorating, etc.), and muscles projects related to the area.

This is one of the most effective special procedures for damage causing para- or quadriplegic conditions.

If the damage is severe, it will take consistent TKM therapy for long periods until results are obtained. This procedure is taught in the Introductory: Level 1 and 2 classes. Visit our (link to: Education) page for more information on our classes.

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